BAKE FEST

Mixing it up. Sweet and Savoury.



Lactantia Healthy Attitude Attitude Santé Omega 3
Lactantia
Mazola
Naturegg
Black Diamond
Duncan Hines
Chipits
BeeHive

Fall 2008

BAKE FEST

Mixing it up. Sweet and Savoury.

What's the best part about the holidays? The baking, of course – the cakes, the cookies and the tarts! You'll find them all, along with a few special main courses and breakfast nibbles, in this new collection of recipes for Bake Fest 2008. Happy baking, happy cooking, happy holidays!

Helping you to make healthy choices without having to compromise on great taste, Lactantia* Healthy Attitude* Omega 3 margarine is: A source of Omega-3 fatty acids; Trans fat free; Non-hydrogenated; Low in saturated fats; Cholesterol free; A good source of vitamin E and an excellent source of vitamin D; Proud participant in Health Check™ Program.



The finest, freshest cream and traditional butter making methods, honed over our 50 year history, ensure that Lactantia* is simply the best you can buy. Canada's number one national brand of butter is available in many varieties to suit your taste and lifestyle.



Black Diamond* Sargento® naturally shredded cheese helps save time when preparing meals and is available in many different flavours including Mozzarella, Italiano, and Double Pizza. Black Diamond* Sargento® Bistro offers the convenience of enhanced ingredients including Jalapenos and Tomatoes.



Naturegg™ Simply Egg Whites™ is Simply the Best, cholesterol and fat free and a source of protein. These pure egg whites are convenient for baking in all recipes calling for egg whites and make delicious omelettes and quiches when you're looking to lower cholesterol and fat in your recipe.



Duncan Hines, the baking expert is pleased to be part of your home baking efforts – from party time to everyday treats rely on rich, moist Duncan Hines to help get you started. Duncan Hines. So moist. So delicious. And so much more.™



Baking success is easy with CHIPITS® Baking Chips because they are fun, easy to use and come in a wide variety of melt-in-your-mouth flavours. This #1-selling baking chip brand in Canada is sure to bring creativity to your kitchen that your whole family will enjoy! For delicious recipes visit www.chipits.ca.



Easy meals for busy families from Fleischmann's® Yeast! With 20 minutes prep time or less, our 1-Dish Recipes are the easy, everyday meal solutions you've been looking for to keep your family well fed. Preparation is as simple as can be: just mix, top and bake! You even start with a cold oven – no need to preheat! www.achfood.ca



Cupcakes in a Jar

1	**pkg** (535 g) **Duncan Hines® Confetti Cups Cupcake Mix**	1
1 1/3 cups	water	325 mL
1/3 cup	**Naturegg™ Simply Egg Whites™,** well shaken	75 mL
2 tbsp	**Mazola® 100% Pure Canola** or **Corn Oil**	25 mL
1 1/2	(approx) tubs (each 450 g), **Duncan Hines® Creamy Home-Style Vanilla Frosting**	1 1/2
1/2 cup	fruit pie filling or double fruit-style jam, such as raspberry, blueberry or strawberry	125 mL
	CHIPITS® baking chips or candy sprinkles	

1. Prepare cupcake mix according to package directions using the water, egg whites and oil. Divide batter among 24 muffin cups brushed with oil. Bake in 350ºF (180ºC) oven according to package directions. Let cool completely.

2. Stir 1 cup (250 mL) of the frosting with the pie filling. Cut each cupcake in half to make two layers. Place cupcake bases into clean 1 cup (250 mL) canning jars. Spoon an equal portion of the frosting mixture onto each base.

3. Top with the cupcake tops. Spoon an equal amount of remaining vanilla frosting onto each cupcake, spreading to cover tops; sprinkle with chocolate chips. Cover tightly. (Cupcakes can be refrigerated for up to 1 week.) Makes 24 cupcakes.

Tip: Personalize jars with labels and ribbons to make great party favours or hostess gifts.



Italiano Egg White Nests

1 tbsp	**Lactantia* Unsalted Butter**	15 mL
1 tbsp	**Mazola® 100% Pure Canola** or **Corn Oil**	15 mL
2 cups	sliced cremini or button mushrooms	500 mL
3 cups	baby arugula leaves	750 mL
1	clove garlic, minced	1
1/4 tsp	(approx) each salt and pepper	1 mL
1	carton (250 mL) **Naturegg™ Simply Egg Whites™,** well shaken	1
1 tbsp	finely chopped fresh basil	15 mL
1/2 tsp	cream of tartar	2 mL
1/3 cup	**Black Diamond* Sargento® Italiano** Shredded Cheese	75 mL

1. Heat the butter and oil in a large skillet set over medium-high heat; cook mushrooms, stirring often, for 5 minutes or until browned. Reduce the heat to medium; stir in arugula, garlic, salt and pepper. Cook, stirring, for 2 minutes or until greens are just wilted. Cover and set aside.

2. Place the egg whites, basil, cream of tartar and a pinch of the salt and pepper in a non-reactive bowl. Beat, using an electric mixer on high, until stiff peaks form. Dollop 6 equal portions of the egg white mixture onto a buttered, parchment paper-lined baking sheet. Use the back of a spoon to make an indentation in each mound of egg whites.

3. Bake in 375°F (190°C) oven for 12 minutes or until set and lightly browned. Spoon the warm vegetable mixture into nests and sprinkle with cheese. Serve immediately. Makes 6 servings.



Festive Cheesy Pull-Apart Bread

5 1/4 cups	(approx) whole-wheat flour	1.3 L
2	pkg (8 g each) **Fleischmann's® Quick-Rise Instant Yeast**	2
1 1/2 tsp	salt	7 mL
2 cups	(approx) warm water	500 mL
1/4 cup	**Lactantia* Unsalted Butter**, melted	60 mL
1/4 cup	**BeeHive® Golden Corn Syrup**	60 mL
Filling:		
2 tbsp	**Lactantia* Unsalted Butter**, softened	25 mL
1	pkg (340 g) **Black Diamond* Sargento® Italiano** Shredded Cheese	1
1/2 cup	dried cranberries	125 mL
1/4 cup	lightly packed fresh sage, finely chopped	60 mL

1. Combine 1 cup (250 mL) of the flour, yeast and salt; blend well. Stir water, butter and corn syrup; stir into flour mixture. Add remaining flour to make a sticky dough. Turn dough out onto a floured surface; knead, adding a little extra flour if necessary, for 5 to 7 minutes or until smooth and elastic. Roll out dough into 26- x 16-inch (65 x 40 cm) rectangle.

2. Filling: Spread the butter evenly over the dough. Reserve 1/4 cup (60 mL) of the cheese; sprinkle remaining cheese over dough. Sprinkle cranberries and sage over top. Starting from one long side of the rectangle, roll dough into a log. Trim and discard the end pieces. Cut the log into 24 pieces, each about 1 inch (2.5 cm) thick.

3. Spray a 10-inch (3 L) Bundt pan with **Mazola® Simplicity™ No Stick Cooking Spray**. Arrange the dough pieces randomly in the pan so that the cut sides are facing in different directions. Cover and let stand in a warm place for 30 minutes or until doubled in bulk. Bake in 400ºF (200º C) oven for 40 to 45 minutes or until top sounds hollow when tapped. Remove from the oven and sprinkle with reserved cheese. Let cool in pan for 5 minutes. Turn out onto rack; let cool completely. Makes 12 servings.



Tex-Mex Breakfast Stromboli

1 1/2 cups	all-purpose flour	375 mL
1 1/2 tsp	**Fleischmann's® Quick-Rise Instant Yeast**	7 mL
3/4 tsp	salt	4 mL
1 tbsp	**BeeHive® Corn Syrup**	15 mL
1 1/2 tsp	**Mazola® 100% Pure Corn Oil**	7 mL
1/2 cup	very warm water	125 mL
8	**Naturegg™ Omega 3 Eggs**, scrambled	8
2 1/2 cups	**Black Diamond* Sargento® Bistro Cheddar and Monterey Jack with Tomatoes & Jalapeno Peppers**	625 mL
1/4 cup	corn or drained rinsed black beans	60 mL
1/2 cup	mild salsa	125 mL
Topping:		
1	**Naturegg™ Omega 3 Egg**, beaten	1
1/2 tsp	poppy seeds	2 mL

1. Blend flour, yeast and salt in food processor fitted with a metal blade; add corn syrup and oil. With motor running, drizzle in water; mix for 1 minute or until a ball forms. Knead dough on a lightly floured surface until smooth; place in a bowl coated with **Mazola® Simplicity™ No Stick Cooking Spray**, turning to coat all over. Cover and let rise for 30 minutes.

2. Roll dough into 15- x 11-inch (38 x 28 cm) rectangle; transfer to a parchment paper-lined baking sheet. Sprinkle half of the cheese down the center length of the rectangle. Spoon eggs over top of cheese, then top with corn. Drop spoonfuls of salsa evenly over corn. Sprinkle remaining cheese.

3. Topping: Fold one side of the dough over the filling and brush the edge with beaten egg. Fold over the other side to overlap the dough; pinch gently to seal seam, leaving short ends open. Brush with beaten egg and sprinkle with poppy seeds.

4. Using a sharp knife, cut a few slashes along the length of the dough. Bake in 450ºF (230 ºC) oven for 20 minutes or until stromboli is golden brown and the cheese is bubbly. Let cool for about 10 minutes before slicing. Makes 4 servings.



Zesty Skillet Strata

1/4 cup	**Lactantia* Healthy Attitude* Omega 3 margarine**	60 mL
6 cups	cubed artisan-style crusty whole-grain bread	1.5 L
1 cup	each diced sweet red pepper and corn kernels	250 mL
6	**Naturegg™ Omega 3 Eggs**, beaten	6
2 cups	milk	500 mL
1 tsp	jalapeno pepper sauce	5 mL
1/2 tsp	each salt and pepper	2 mL
2	jalapeno peppers, seeded and finely chopped	2
2 cups	**Black Diamond* Sargento® Bistro Cheddar and Monterey Jack with Tomatoes & Jalapeno Peppers**	500 mL
6	green onions, sliced	6
	Salsa (optional)	

1. Melt half of the margarine and toss with the bread cubes. Spread the cubes in a rimmed baking sheet. Toast in 350ºF (180ºC) oven for 10 minutes or until golden; set aside.

2. Heat a large, deep, heavy, ovenproof skillet over medium heat; add the remaining margarine, red pepper and corn. Cook, stirring often, for 5 minutes or until softened. Add the bread cubes to the skillet, toss with the vegetables; spread out evenly. Remove from heat.

3. Whisk the eggs with the milk, pepper sauce, salt and pepper; stir in the jalapeno peppers and pour evenly over the bread mixture. Transfer to the oven; bake for 30 minutes. Sprinkle cheese and onions over top. Bake for 12 to 15 minutes or until strata is set and cheese is melted. Serve with salsa (if using). Makes 8 servings.



Cheesy Egg-Stuffed Peppers

6	sweet red peppers, halved lengthwise	6
3 cups	lightly packed baby spinach leaves	750 mL
8	**Naturegg™ Omega 3 Eggs**	8
1 cup	milk	250 mL
2	green onions, finely chopped	2
1	clove garlic, minced	1
1/2 tsp	each salt and pepper	2 mL
2 1/2 cups	**Black Diamond* Sargento® Bistro Cheddar and Monterey Jack with Tomatoes & Jalapeno Peppers**	625 mL

1. Blanch the red peppers in boiling salted water for 2 minutes. Drain on paper towels until cooled. Blanch the spinach for 30 seconds or until bright green and wilted. Drain on paper towels until cooled. Transfer the peppers to a rimmed baking sheet. Whisk together eggs, milk, onions, garlic, salt and pepper. Set aside.

2. Divide the spinach among the peppers. Pour an equal amount of the egg mixture into each pepper. Place peppers on a baking sheet sprayed with **Mazola® Simplicity™ No Stick Cooking Spray**. Bake in 350°F (180°C) oven for 20 minutes. Sprinkle cheese over peppers; bake for 10 minutes, or until egg is set and cheese is melted. Makes 12 servings.



Inverse Cheese & Beefy Pizza Bake

1 1/2 cups	all-purpose flour	375 mL
2 1/2 tsp	**Fleischmann's® Quick-Rise Instant Yeast**	12 mL
1 1/2 tsp	granulated sugar	7 mL
1/4 tsp	salt	1 mL
3/4 cup	(approx) warm water, about 105°F/41°C	175 mL
2 tbsp	(approx) **Mazola® Canola** or **Corn Oil**	25 mL
Filling:		
1 tbsp	**Mazola® 100% Pure Canola** or **Corn Oil**	15 mL
1 1/2 lb	lean ground beef	750 g
2	cloves garlic, minced	2
1 tbsp	dried Italian seasoning	15 mL
1/2 tsp	(approx) each salt and pepper	2 mL
1 1/2 cups	each chopped mushrooms, onion and green peppers	375 mL
1 1/2 cups	prepared marinara sauce	375 mL
1/2 cup	sliced pepperoni	125 mL
1/3 cup	sliced green or black olives (optional)	75 mL
1	pkg (340 g) **Black Diamond* Sargento® Italiano** Shredded Cheese	1
2 tbsp	**Challenge® Canada Corn Starch**	25 mL

1. Place flour, yeast, sugar and salt in a food processor fitted with a metal blade. With the motor running, gradually add the water and oil just until the dough starts to form a ball. Transfer the dough to lightly floured surface; knead for 12 to 15 times or until dough is smooth. Transfer to an oiled bowl. Let stand for 15 minutes.

2. Filling: Meanwhile, heat the oil in a large skillet set over medium heat; crumble in the beef. Add garlic, Italian seasoning, salt and pepper; cook until beef is browned. Add the mushrooms, onion, green peppers and sauce. Cook for 2 to 3 minutes or until bubbly. Reserve 8 slices of pepperoni; chop the remainder. Stir chopped pepperoni, olives (if using), 2 cups (500 mL) of the cheese, and the cornstarch into the beef. Adjust seasoning if desired.

3. Scrape the beef mixture into a greased, 11- x 7-inch (2 L) baking dish. Roll out the dough to fit just inside the dish and place over meat. Bake in 400°F (200°C) oven on a foil-lined rimmed baking sheet for 20 minutes.

4. Sprinkle remaining cheese over dough; dot with reserved pepperoni. Bake for 10 minutes or until cheese is melted and crust is puffed and golden. Let stand for 10 minutes before serving. Makes 6 to 8 servings.



Spicy Chipotle Shortbread

1 cup	**Lactantia* Unsalted Butter**, softened	250 mL
1/2 cup	icing sugar	125 mL
1 3/4 cups	all-purpose flour	425 mL
1/4 cup	**Challenge® Canada Corn Starch**	60 mL
2 tbsp	finely chopped fresh parsley	25 mL
1 tsp	chipotle chili powder	5 mL
3/4 tsp	salt	4 mL
1/2 cup	**Black Diamond* Sargento® Bistro Cheddar and Monterey Jack with Tomatoes & Jalapeno Peppers**	125 mL

1. Place butter and sugar in a large bowl; beat until very smooth and creamy. In a separate large bowl, stir flour with cornstarch, parsley, chipotle powder and salt; stir in cheese.

2. Use a wooden spoon to stir flour mixture into butter mixture just until a few streaks of flour remain. Knead dough gently to finish combining ingredients.

3. Form dough into a log about 1 1/2-inches/4 cm thick. Refrigerate for at least 10 minutes or freeze for up to 1 week. Slice into 1/4 inch/5 mm disks. Bake in 350ºF (180ºC) oven on ungreased baking sheets for 14 to 15 minutes. Serve warm or at room temperature. Makes 3 dozen shortbreads.

Tip: Use these shortbreads as a canapé base and top with garnishes, such as sour cream and chives.



Brownie Cheesecake Overload Bars

2	pkg (each 450 g) **Duncan Hines® Chocolate Lover's Chewy Fudge**	2
6	**Naturegg™ Omega 3 Eggs**	6
1/2 cup	**Mazola® 100% Pure Canola** or **Corn Oil**	125 mL
1/2 cup	water	125 mL
2	pkg (each 8 oz/250 g) plain brick-style cream cheese, softened	2
1/2 cup	granulated sugar	125 mL
1/2 cup	milk	125 mL
1 tsp	vanilla	5 mL
1 cup	each **CHIPITS® Milk Chocolate Chips** and **CHIPITS® White Chocolate Chips**	250 mL
1/2 cup	**Duncan Hines® Creamy Home-Style Chocolate Frosting**	125 mL

1. Combine the brownie mix and prepare according to package directions using 2 of the eggs, oil and water. Scrape three quarters of the batter into greased 13- x 9-inch (3 L) baking pan. Scrape the remaining batter into a greased 8- x 4-inch (1.5 L) loaf pan. Bake both pans in 350ºF (180ºC) oven for 25 minutes or until a tester inserted in centre comes out clean. Let cool completely. (Brownies can be covered tightly and reserved for up to 1 day.) Cut the smaller brownie into 1/2-inch (1 cm) cubes.

2. Beat the cream cheese with the sugar until smooth using an electric mixer. Gradually beat in the milk and vanilla. Beat in the remaining eggs, adding one at a time. Fold in half of the brownie cubes, and the chocolate chips. Scrape over the prepared large brownie; sprinkle the remaining brownie cubes over top. Bake in centre rack of oven for 35 to 40 minutes or until just set. Transfer pan to rack; let cool completely.

3. Heat the frosting in the microwave on high for 40 seconds or until a pourable consistency. Drizzle evenly over the prepared cheesecake. Refrigerate until set; slice into bars. Makes 12 servings, or 32 snack-size bars.

Tip: To use Duncan Hines Chocolate Lover's Chocolate Decadence Brownies in this recipe, increase both the oil and water to 2/3 cup (150 mL) and increase the first baking time to 30 minutes.



Chocolate Cashew Tart

1 1/2 cups	all-purpose flour	375 mL
3/4 cup	cold **Lactantia* Unsalted Butter,** cubed	175 mL
2 tbsp	lightly packed brown sugar	25 mL
1/2 tsp	salt	2 mL
1	**Naturegg™ Omega 3 Egg** Yolk	1
2 tbsp	ice water	25 mL
Filling:		
3/4 cup	lightly packed brown sugar	175 mL
3/4 cup	**BeeHive® Golden Corn Syrup**	175 mL
3	**Naturegg™ Omega 3 Eggs**	3
3 tbsp	**Lactantia* Unsalted Butter,** softened	45 mL
3 tbsp	dark rum (or 1 tsp/5 mL vanilla)	45 mL
1 tbsp	**Challenge® Canada Cornstarch**	15 mL
1/2 tsp	salt	2 mL
1 1/4 cups	whole unsalted cashews, toasted	310 mL
1/2 cup	**CHIPITS® Semi-Sweet Chocolate Chips**	125 mL
2 tbsp	**Duncan Hines® Home-Style Chocolate Frosting** (optional)	25 mL

1. Combine flour, butter, brown sugar and salt in a food processor fitted with a metal blade. Pulse until mixture resembles coarse crumbs. Whisk the egg yolk with the water. With the motor running, drizzle in the egg mixture; pulse until the mixture begins to form a ball.

2. Press the pastry into the bottom and over the edge of an 11-inch (28 cm) tart pan with a removable bottom; trim excess pastry from around the edge of the pan with a sharp knife. Refrigerate for 15 minutes. Set pan on a rimmed baking sheet.

3. Filling: Whisk brown sugar, corn syrup, eggs, softened butter, rum, cornstarch and salt until combined. Scatter the cashews and chocolate chips evenly over the crust. Pour the filling slowly into the crust.

4. Bake on bottom rack of 375ºF (190ºC) oven for 45 minutes or until crust and top are golden, but centre still jiggles. Let cool to room temperature.

5. Optional garnish: Microwave the frosting on high for 20 seconds; drizzle evenly over the tart. Let cool until set before slicing. Makes 12 servings.



Golden Pumpkin Tiramisu Trifle

1	pkg (465 g) **Duncan Hines® Angel Food Cake**	1
2 cups	milk	500 mL
1 cup	pure pumpkin purée	250 mL
1/2 cup	**BeeHive® Corn Syrup**	125 mL
2 tbsp	**Challenge® Canada Corn Starch**	25 mL
1 tsp	each ground ginger and cinnamon	5 mL
2	**Naturegg™ Omega 3 Egg** Yolks	2
1 tsp	vanilla	5 mL
2 cups	35% whipping cream	500 mL
1/4 cup	each granulated sugar and chopped candied ginger	60 mL

1. Prepare and bake the angel food cake according to package directions. Let cool completely and break into bite-size pieces; set aside.

2. Whisk together milk, pumpkin purée, corn syrup, corn starch, ginger and cinnamon in a large saucepan. Set over medium heat; cook, stirring frequently, until the mixture is boiling and thickened. Whisk the egg yolks with the vanilla; whisk into pumpkin mixture. Cook, whisking constantly, for 2 minutes or until very thick; strain through fine sieve. Place a piece of waxed paper directly on the surface; chill.

3. Whip 1/2 cup (125 mL) of whipping cream until thick peaks form; fold into pumpkin custard. Set aside. Pulse the sugar with ginger in a food processor or mini chopper until very finely chopped. Whip remaining whipping cream with ginger mixture until thick peaks form. Set aside.

4. Layer half of the cake pieces, half of the pumpkin custard and half of the ginger whipped cream into an 8-cup (2 L) glass trifle bowl. Repeat layers. Refrigerate for up to 1 day. Makes 12 servings.



Portuguese Custard Tarts

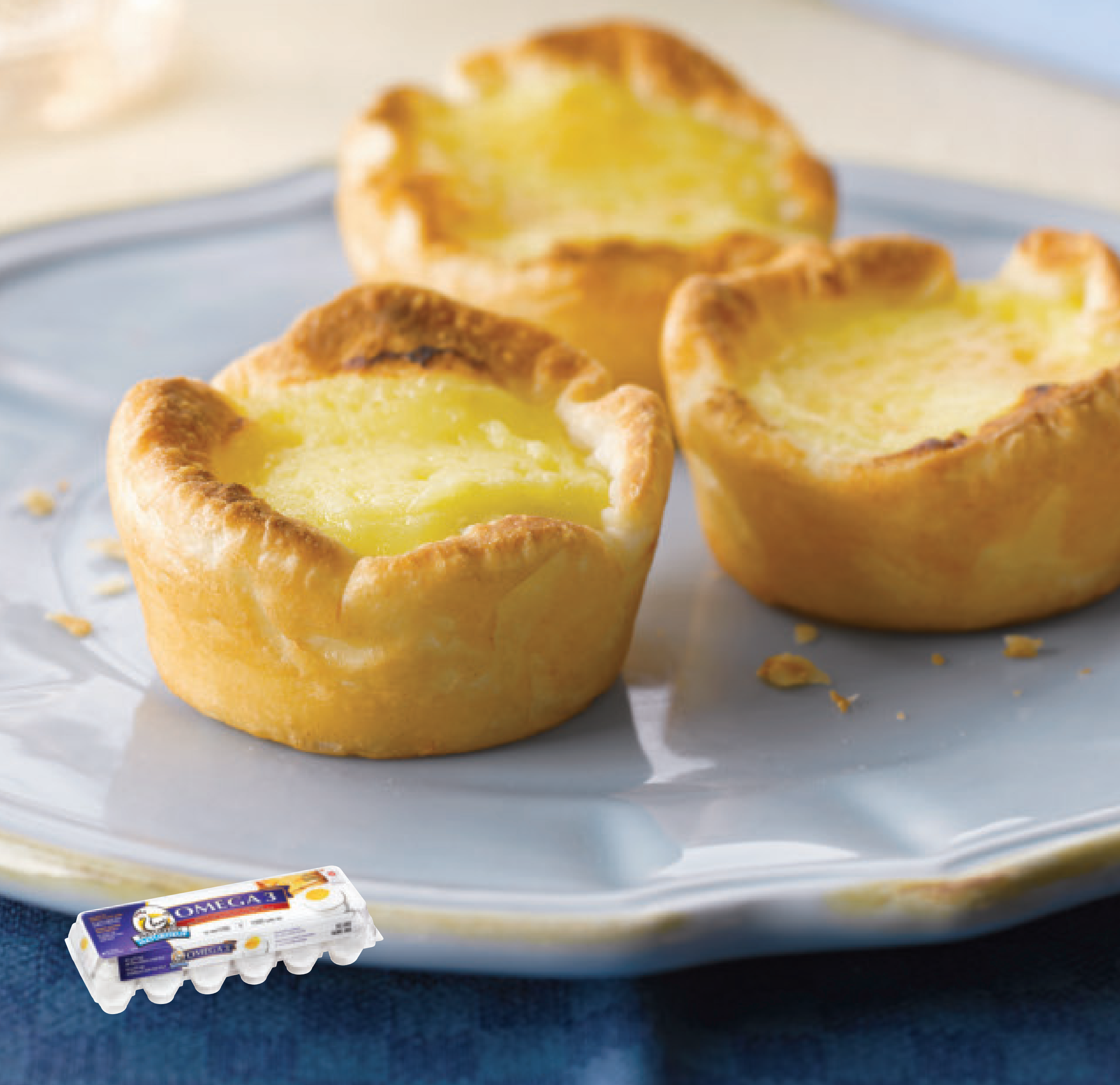
3	**Naturegg™ Omega 3 Egg** Yolks	3
2	**Naturegg™ Omega 3 Eggs**	2
2 cups	light 5% cream	500 mL
2/3 cup	granulated sugar	150 mL
2 tbsp	**Challenge® Canada Corn Starch**	25 mL
1 tbsp	**Lactantia* Unsalted Butter**	15 mL
2 tsp	vanilla	10 mL
1	sheet prerolled puff pastry, thawed	1

1. Whisk yolks, eggs, cream, sugar and corn starch in a double boiler set over a pot of simmering water. Cook, stirring with a wooden spoon, until custard is thick enough to coat back of a spoon; remove from heat. Whisk in butter and vanilla. Strain the custard into a clean bowl. Place a piece of waxed paper directly over the custard; refrigerate until chilled or for up to 1 day.

2. Starting from short end, roll the puff pastry into a log; cut into 12 equal rounds. Place rounds cut sides up; flatten with a rolling pin to make 4-inch (10 cm) round shells. Press shells into 12 lightly greased muffin cups.

3. Spoon an equal amount of custard into each shell. Bake in 375ºF (190ºC) oven for about 18 minutes or until pastry is lightly golden. Broil for 2 minutes or until the tops of custards are browned. Cool in pan for 5 minutes; transfer to a rack. Cool completely. Makes 12 tarts.

Tip: If you don't have a double boiler, set a metal mixing bowl over a pot of simmering water.



Peanut Butter Surprise Cookies

1/2 cup	**Lactantia* Unsalted Butter**, softened	125 mL
1/2 cup	each granulated sugar and lightly packed brown sugar	125 mL
1/4 cup	smooth peanut butter	60 mL
1	**Naturegg™ Omega 3 Egg**	1
1 tbsp	milk	15 mL
1 tsp	vanilla	5 mL
1 1/2 cups	all-purpose flour	375 mL
1/2 cup	cocoa powder	125 mL
1/2 tsp	baking soda	2 mL
3 tbsp	(approx) granulated sugar	45 mL
	CHIPITS® Semi-Sweet Chocolate Chips	
Filling:		
1/2 cup	smooth peanut butter	125 mL
1/4 cup	**Lactantia* Unsalted Butter**, softened	60 mL
3/4 cup	icing sugar	175 mL
1 tbsp	**Challenge® Canada Corn Starch**	15 mL

1. Filling: Beat the peanut butter and butter until smooth. Blend in the icing sugar and cornstarch until combined. Spoon onto a sheet of plastic wrap; use the wrap to shape the filling into a 3/4-inch (2 cm) thick log. Freeze for 10 minutes.

2. Beat the butter with the sugars and peanut butter, using an electric mixer set on medium speed. Beat in the egg, milk and vanilla until well combined. Stir flour with the cocoa powder and baking soda; stir into butter mixture using a wooden spoon. Refrigerate.

3. Slice peanut butter log into 32 equal pieces. To make cookies, flatten tablespoonfuls (15 mL) of chocolate dough into thin disks and place a piece of the peanut butter filling in the centre. Shape chocolate dough around peanut butter filling to form a ball; smooth the edges to seal. Roll balls in sugar.

4. Arrange cookies 1 inch (2.5 cm) apart on chilled, ungreased baking sheets; flatten slightly. Press a few chocolate chips into centre of each cookie. Bake in 350ºF (180ºC) oven for 10 minutes. Let cool on baking sheets for 1 minute; transfer to a rack. Cool completely. Makes 32 cookies.



Black-Eyed Susan Cupcake Cake

1	pkg (535 g) **Duncan Hines® Confetti Cups Cupcake Mix**	1
1 1/3 cups	water	325 mL
1/3 cup	**Naturegg™ Simply Egg Whites™,** well shaken	75 mL
1/4 cup	**Mazola® 100% Pure Canola** or **Corn Oil**	60 mL
1	tub (450 g) **Duncan Hines® Creamy Home-Style Butter Cream Frosting**	1
	Yellow food colouring	
1/2 cup	**CHIPITS® Semi-Sweet Chocolate Chips**	125 mL

1. Prepare cupcake mix according to package directions using the water, egg whites and oil. Divide the batter between muffin cups sprayed with **Mazola® Simplicity™ No Stick Cooking Spray** to make 21 cupcakes. Bake in 350ºF (180ºC) oven according to package directions. Let cool completely.

2. Blend the frosting with enough yellow food colouring to make a vividly coloured frosting. Cluster three cupcakes in the middle of a cake board or platter to make the centre of the flower. Frost and arrange chocolate chips (points up) over these cupcakes to cover the frosting completely. Arrange pairs of cupcakes like spokes to make 9 rows that branch off evenly from the centre cluster to resemble petals.

3. Transfer the remaining frosting to a piping bag fitted with a flat tip. Starting at the base where each spoke touches the chocolate centre, pipe several outward ribbons of frosting to meet at a point at the edge of the cupcakes. (Or, use a table knife to frost evenly over each pair of cupcakes.) Makes 21 servings.

Tip: Serve with additional Chipits on the side.



Apple Blueberry Cobbler

8	Granny Smith apples, peeled and sliced	8
1 1/2 cups	frozen wild blueberries	375 mL
2 tbsp	**Challenge® Canada Corn Starch**	25 mL
1/2 cup	**BeeHive® Corn Syrup**	125 mL
1 tsp	finely grated lemon rind	5 mL
Topping:		
2 cups	all-purpose flour	500 mL
3/4 cup	granulated sugar	175 mL
1 tbsp	baking powder	15 mL
1 tsp	salt	5 mL
3/4 cup	**Lactantia* Healthy Attitude* Omega 3 margarine**	175 mL
1 cup	milk	250 mL
1	**Naturegg™ Omega 3 Egg**, beaten	1
1 tsp	vanilla	5 mL
2 tbsp	each cornmeal and coarse sugar	25 mL

1. Toss together apples, blueberries and cornstarch until evenly coated. Stir in corn syrup and lemon rind. Spread into a 13- x 9-inch (3 L) baking dish sprayed with **Mazola® Simplicity™ No Stick Cooking Spray**.

2. Topping: Mix flour, sugar, baking powder and salt. Use a pastry blender to cut in the margarine until mixture resembles coarse crumbs. Stir together milk, egg and vanilla. Pour over dry ingredients and stir just until thick dough forms. Drop spoonfuls of dough evenly over fruit mixture; close any large gaps by smoothing with the back of a spoon. Sprinkle with cornmeal and sugar.

3. Bake in 375ºF (190ºC) oven for 50 to 55 minutes or until topping is browned and cooked through. (Carefully lift one edge of the crust with a fork to check for doneness on the underside). Let stand for 15 minutes before serving. Makes 8 servings.



Classic Glazed Doughnuts

1	pkg (8 g) **Fleischmann's® Traditional Yeast**	1
1/4 cup	warm water (about 115ºF/47ºC)	60 mL
1 tsp	**BeeHive® Golden Corn Syrup**	5 mL
1/2 cup	milk	125 mL
1	**Naturegg™ Omega 3 Egg**, beaten	1
1/4 cup	**Lactantia* Unsalted Butter**, melted	60 mL
3 cups	(approx) all-purpose flour	750 mL
1/4 cup	granulated sugar	60 mL
1 tsp	salt	5 mL
6 cups	**Mazola® 100% Pure Canola** or **Corn Oil**	1.5 L
Glaze:		
1 1/2 cups	icing sugar	325 mL
1/4 cup	**BeeHive® Golden Corn Syrup**	60 mL
1/4 cup	warm water	60 mL
1 tbsp	**Lactantia* Unsalted Butter**, melted	15 mL
1 tsp	vanilla	5 mL

1. Blend the yeast with the warm water and syrup; let stand for 2 minutes. Whisk the milk with the egg and butter; set aside. Meanwhile, combine flour, sugar and salt in a food processor. With the motor running, blend in the yeast and milk mixtures just until the dough begins to form a ball.

2. Turn dough out onto a lightly floured surface; knead for 2 to 3 minutes or until smooth and elastic. Sprinkle with additional flour, if necessary, to prevent sticking. Cover and let rise for 1 1/2 hours. Punch down the dough; cover tightly and refrigerate overnight.

3. Roll out the dough on a lightly floured surface until 1/2-inch (1 cm) thick. Using a 3 1/2-inch (8 cm) donut cutter, or a large and a small round cookie cutter, cut out doughnut shapes. Reroll the scraps once to make additional doughnuts (cut any remaining dough into doughnut holes). Cover doughnuts with a kitchen towel and let rise in a warm place for 30 minutes.

4. Glaze: Blend together icing sugar, corn syrup, water, butter and vanilla until smooth. Set aside.

5. Meanwhile, heat the oil in a wok or Dutch oven until it reaches at least 325ºF (160ºC) but doesn't exceed 350ºF (180ºC). Gently lower 3 doughnuts into the oil; fry for 3 to 4 minutes per side or until golden. Lift from hot oil and dip into glaze to coat. Transfer to a rack set over a baking tray. Let cool. Makes 8 doughnuts, plus doughnut holes.



Cranberry Pecan Chew Cookies

1	carton (250 mL) **Naturegg™ Simply Egg Whites™**, well shaken	1
2 cups	granulated sugar	500 mL
1/2 cup	**Challenge® Canada Corn Starch**	75 mL
1 tsp	vanilla or coffee liqueur	5 mL
2 cups	**CHIPITS® Semi-Sweet Chocolate Chips**	500 mL
1 cup	each toasted unsalted pecan halves and dried sweetened cranberries	250 mL

1. Whisk egg whites with sugar in a large metal bowl set over a pot of simmering water. Cook, whisking often, for 8 to 10 minutes or until warm, thickened and opaque. Remove bowl from the heat. Beat, using an electric mixer on high, for 7 minutes or until very thick and glossy. Add cornstarch and vanilla; beat for 1 minute. Fold in chocolate chips, pecans and cranberries.

2. Drop tablespoonfuls (15 mL) of batter 1 inch (2.5 cm) apart onto parchment paper-lined baking sheets. Bake on centre rack of 350ºF (180ºC) oven, in batches, for 20 to 23 minutes or until golden and dry. Transfer to rack; let cool completely. Store in an airtight container for up to 5 days. Makes about 5 dozen cookies.



BAKE FEST

Mixing it up. Sweet and Savoury.



Visit our websites for more information:
chipits.ca • naturegg.com • achfood.ca
duncanhines.ca • lactantia.ca • blackdiamond.ca